

# Foods High in Lifeforce

## PROTEINS:

\*Choose Wild caught instead of commercially farmed!

Fish  
Grass-fed beef, steak  
Wild caught seafood (lobster, shrimp, scallops, crab, mussels)  
Free Range Chicken  
Wild Duck/ Wild Turkey  
Lamb  
Deer/elk/bison, any wild game  
Eggs from cage free chickens  
Organic Greek Yogurt

## VEGETABLES:

\***All veggies contain life-force!** Eat 5-7 per day (based on your bodyweight)!  
\*Eat fresh or frozen instead of canned  
\*Eat them raw, steamed, or quickly cooked on high heat rather than boiled to preserve the nutrients

### **Vegetables with Highest Antioxidants:**

Kale/Spinach/Dark greens  
Beets  
Brussel Sprouts  
Broccoli Florets  
Red Bell Pepper  
Onion  
Garlic  
Tomatoes  
Purple Cauliflower  
Boiled red cabbage  
Boiled artichoke  
Seaweeds, all varieties

## STARCHES:

Root vegetables  
Quinoa  
Wild Rice  
Oats

### **Starches with Highest Antioxidants:**

Beans  
Squash  
Pumpkin  
Potatoes  
Sweet potato/yams

## FRUITS:

\*All fruits contain life force! Eat 1-3 per day (based on your bodyweight)!  
\*Buy local when in season  
\*Buy organic if eating the skin of the fruit  
\*Wash thoroughly  
\*Eat whole, fresh fruits (not canned, jarred, or preserved)

### **Fruits with highest antioxidants:**

Berries of all kinds  
Dark grapes (purple, red, blue)  
Cherries  
Plums/prunes  
Oranges  
Mangoes  
Figs  
Pomegranates

## FATS:

Real butter  
All-natural nut butters (almond, cashew, peanut)

### **Fats with Highest Antioxidants:**

Coconut Oil  
Olive Oil  
Walnuts, hazelnuts, brazil nuts, pecans, pistachios, almonds  
Seeds of all types (chia, flax, sunflower, pumpkin, etc.)  
Avocados

## BEVERAGES:

Pure Water or Mineral Water  
Bone Broth

### **Highest in Antioxidants:**

Green Tea  
Kombucha  
Red Wine  
Coffee

### **Other Foods High in Antioxidants:**

All herbs and spices-Use liberally  
Honey  
Apple Cider Vinegar  
Miso  
Cocoa/Dark chocolate  
Sauerkraut  
Kimchi